

Stuffed Aubergine with Feta and Pomegranate



Ingredients

2 aubergines

6 garlic cloves, unpeeled

8 tbsp olive oil

1 pomegranate

2 tbsp pomegranate molasses

100g/3½oz feta

4 tbsp mint, smallest leaves only

salt and freshly ground black pepper

Method

Set the oven to 200C/180C Fan/Gas 6.

Method

Cut the aubergines in half and score the cut sides with a lattice pattern, careful not to go down far enough to pierce the skin.

Place the aubergines cut-side up in a roasting tin along with the garlic cloves still in their skins.

Brush the aubergines generously with olive oil, season with a little salt and bake for 1 hour until soft. Remove from the oven, and scoop the flesh into a bowl without tearing the skin.

Pop the garlic cloves from their skins with your finger and thumb, then crush to a paste with the back of a fork.

Break the pomegranate and remove the seeds. Toss most of the seeds with the aubergine flesh, the crushed roasted garlic, a little salt and pepper, the pomegranate molasses and the mint leaves.

Spoon the filling into the empty shells, then crumble the feta cheese over the top, together with a few pomegranate seeds and a little more mint. This is a vegetarian dish for all you veggies